



What's Up with Empower PLUS+?

An Arizona Early Care and Education (ECE) Learning Collaborative

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Today's Agenda

Empower PLUS+

- ✓ *What is it?*
- ✓ *Who can participate?*
- ✓ *What are the benefits?*
- ✓ *What are the requirements?*
- ✓ *Thoughts from programs...*
- ✓ *What next?*
- ✓ *Q & A*



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Video Clip

First Lady Michelle Obama Talks About Let's Move! Child Care



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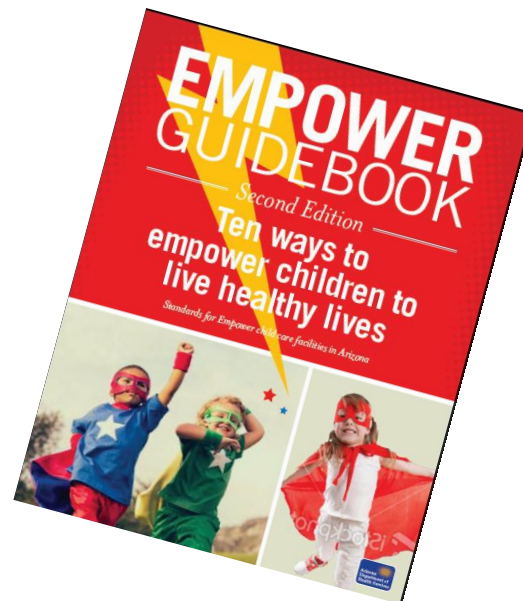


Empower Brand

- Started in 2010 
 - ADHS licensed child care centers and group homes – licensing fee reduction

– *Empower Plus +*

- *Nemours/CDC 2013*
- Empower Home Visiting
 - MIECHV 2013
- Empower Schools
 - CDC 2013



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(regular) Empower Standards

10 Ways to Empower Children to Live Healthy Lives

Standard 1: Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.

Standard 2: Practice “sun safety.”

Standard 3: Provide a breastfeeding-friendly environment.

Standard 4: Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.

Standard 5: Limit serving fruit juice to no more than two times per week.



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(regular) **Empower Standards**

Standard 6: Serve meals family style and do not use food as a reward.

Standard 7: Provide monthly oral healthcare education or implement a tooth brushing program.

Standard 8: Ensure that staff members receive three hours of training annually on Empower topics.

Standard 9: Make Arizona Smokers' Helpline (ASHLine) education materials available at all times.

Standard 10: Maintain a smoke-free campus.

July 1, 2013



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What's the difference?

Standard 1: Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.

Standard 2: Practice “sun safety.”

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★ What is Empower PLUS+?

- **Empower PLUS+**
 - An Arizona Early Care and Education (ECE) Learning Collaborative (ECELC)
 - Funded by Centers for Disease Control (CDC) and operated by Nemours
 - Arizona is 1 of 6 initial states
 - Delaware was the pilot
 - 2014 added 3 new states/localities
 - 5* year federal grant





Cohort 1

Cohort 1: 2013-2014

- 4 Learning Collaboratives (LC) in Arizona
- Programs serving 100+ children, ages 0-5
- 3 LC's in Maricopa
- 1 LC in Pima
- 81 programs enrolled; 75 programs completed



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Cohort 2

Cohort 2: 2014-2015

- 3 LC's in Arizona
- Programs serving 50+ children, ages 0-5
- 2 LC's in Maricopa
- 1 LC in Pima
- 75 programs enrolled



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Video Clip

Making Health Easier: Healthy Changes Start in Preschool



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Nemours Goals

- To improve healthy eating, physical activity and screen time practices in early care and education (ECE) settings.
- To increase support for breastfeeding in ECE settings.
- To improve ECE environments, related policies and programs to support these goals.



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Specific Project Goals

- To support healthier environments for children, their families and staff through:
 - Increasing daily physical activity
 - Reducing screen time
 - Increasing fruit and vegetable consumption
 - Providing nutrition and breastfeeding support
 - Engaging families as partners
- To strengthen your current work with the Empower Standards



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What are the benefits?

- FREE toolkits and training materials
- FREE on-site technical assistance by health and nutrition experts
 - Some are CCHC's for Quality First (QF)
 - Nurses and registered dietitians
- \$500 participation stipend per program



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Having fun while learning!



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- 
- FREE training hours that meet and exceed ADHS Licensing and Empower Standards and/or other professional development requirements
 - Materials to train your program staff with the above benefits





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- 
- 
- Networking with other ECE professionals focused on children's health and well-being
 - Being part of a Learning Collaborative (LC)
 - Exposure to a variety of programs and ideas
 - Developing leadership skills
 - Becoming a 'change agent' in your program



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What are the requirements?

- Assemble a Leadership Team (LT) for your program that has the authority to implement changes
- Attend 5 Learning Sessions between September and May




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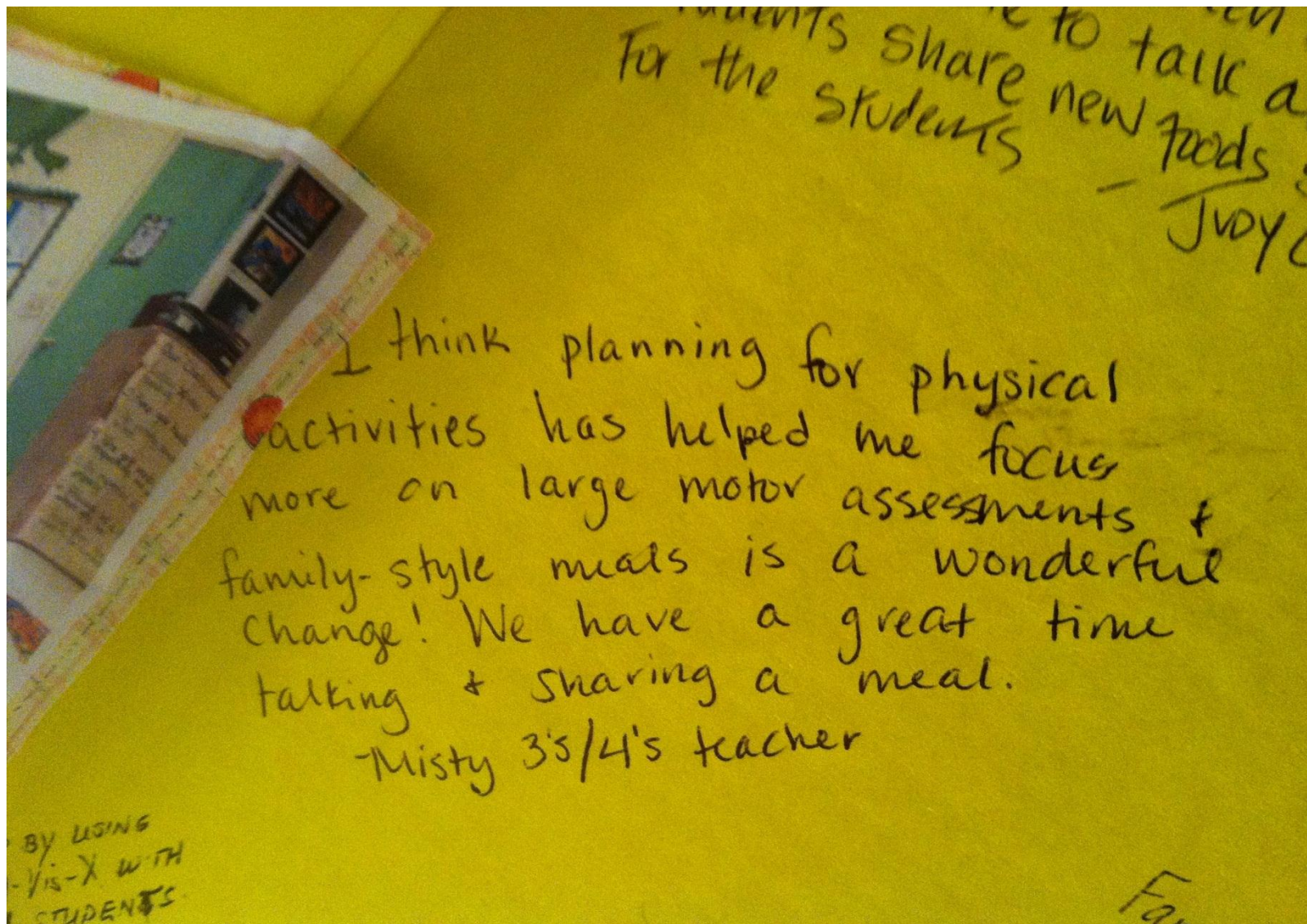


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- 
- Train staff at your program – materials and instructions are provided
 - Work with staff at your program to get ‘buy in’ for lasting change!
 - Assess your program for strengths and areas you’d like to change



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- 
- **Create Action Plans** around changes you'd like to see, for example,
 - **Implement family style meals**
 - Increase time for physical activity
 - Provide unlimited access to drinking water for children, both inside and outside
 - Develop breastfeeding-friendly environment
 - Eliminate fruit juice from your menu



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Goal #1: Serve Family Style Snacks

Plan Objectives:

1. Train staff to facilitate Family Style Meals
2. Train staff on proper portion control
3. Educate Parents on benefits to F.S. Meals
4. Purchase necessary equipment
i.e.: dishes/shelves/utensils etc.



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Goal #2: Include More Nutritious Snacks
on Menu... Eliminate juice

Plan Objectives:

1. replace less nutritious food options with
fresh fruits or Veggies.

progress: removed: graham Crackers / Ritz Crackers
Nilla Wafers /

added: string Cheese / Cheese cubes / Snap peas
String beans / tomatoes / hummus
edamame / cucumbers / ^{canned} Chicken
frozen fruit

2. Eliminate Juice

progress: No Juice on menu since January! (yay us!)



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FAMILY STYLE MEALS **BEFORE**


- Teacher serves children's food.
- Meal time/quiet time.
- We did not sit with children.(set mats while children eat)
- Oven baked foods 2-3 times a week.
- Cookies & juice 3-4 times a week.
- Sugary cereal.(example: fruit loops, coco puffs)
- Holiday parties parents bring in unhealthy goodies.(example: candy,cupcakes,chips)
- Children were not being encourage to try new foods.



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FAMILY STYLE MEALS **NOW**



- Children serve themselves.
- Sit and eat with children.
- Encourage children to try new foods.
- Use overall family style.
- Correct portions.
- 100% juice once every 2-3 weeks.
- Cookies once every 2 weeks.
- NO sugary cereal.
- Oven baked foods once every 2 weeks.
- Fun activities for children using fruits and veggies.



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- 
- 
- Work in partnership with your trainer to provide TA at your program
 - Work with your parents to engage families in the improvement process
 - Be committed to change process!
 - Become an ECE Health Champion!



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Goal #3: Include Structured Physical "heart pumping" Activity during free play both inside and outside.

Plan Objectives:

1. Educate staff on Importance of Physical Activity

Progress: • participated in Empower plus training
• revised daily schedules to include more P.A. time
• Purchased REALLY Cool STUFF!

2. Determine equipment needed to facilitate more of a variety of P.A. Activities.

3. Include in lesson plans for ALL CLASSROOMS

Progress: I have seen more PA + More Variety

4. Follow up to be sure plans are implemented

Progress: Need to include plan for 1st 10 minutes of outside time ... ie. relays / parachute / tag etc.

Goal #4 for

IDEAL Fun

"PAE

Fun

Class

Plan Obj

1.

2.


3.



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Noticeable Changes

- Children have begun to lead activities on their own during their free play time outside.
- Children are more willing to try new games and activities that are teacher lead.
- Noticeable decrease in arguments outside.
- Children are more willing to cooperate with each other and their teachers.



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Physical Activity Break

My Bonnie Lies Over the Ocean



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My Bonnie Lies Over the Ocean

***My Bonnie lies over the ocean
My Bonnie lies over the sea
My Bonnie lies over the ocean
Oh bring back my Bonnie to me***

***Bring back, bring back
Oh bring back my Bonnie to me, to me
Bring back, bring back
Oh bring back my Bonnie to me***



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Examples from Storyboards



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Reach For the STARS!

Before: Tempe Christian Preschool/ Empower PLUS Goals:

After

SNACK MENU October 2012

Day	Snack	Day	Snack
1	Apple slices	11	Apple slices
2	Apple slices	12	Apple slices
3	Apple slices	13	Apple slices
4	Apple slices	14	Apple slices
5	Apple slices	15	Apple slices
6	Apple slices	16	Apple slices
7	Apple slices	17	Apple slices
8	Apple slices	18	Apple slices
9	Apple slices	19	Apple slices
10	Apple slices	20	Apple slices
11	Apple slices	21	Apple slices
12	Apple slices	22	Apple slices
13	Apple slices	23	Apple slices
14	Apple slices	24	Apple slices
15	Apple slices	25	Apple slices
16	Apple slices	26	Apple slices
17	Apple slices	27	Apple slices
18	Apple slices	28	Apple slices
19	Apple slices	29	Apple slices
20	Apple slices	30	Apple slices
21	Apple slices	31	Apple slices

Healthier Snacks:

- Places to buy
- Offering more variety

More Active Play:

- Teacher Lead
- More Activities for Children

Lunch Education:

- What to bring?
- Healthy choices and ideas

Family Style Eating:

- More teacher/student involvement
- Conversation and manners

Parent Academy:

- Trainings and guest speakers

Parent Feeding:

- Promotion
- Nice Space

Work spaces:

- Staff work and lunch rooms
- Office make over

Whole Grain! TCPS Snack Menu

Day	Snack	Day	Snack
1	Apple slices	11	Apple slices
2	Apple slices	12	Apple slices
3	Apple slices	13	Apple slices
4	Apple slices	14	Apple slices
5	Apple slices	15	Apple slices
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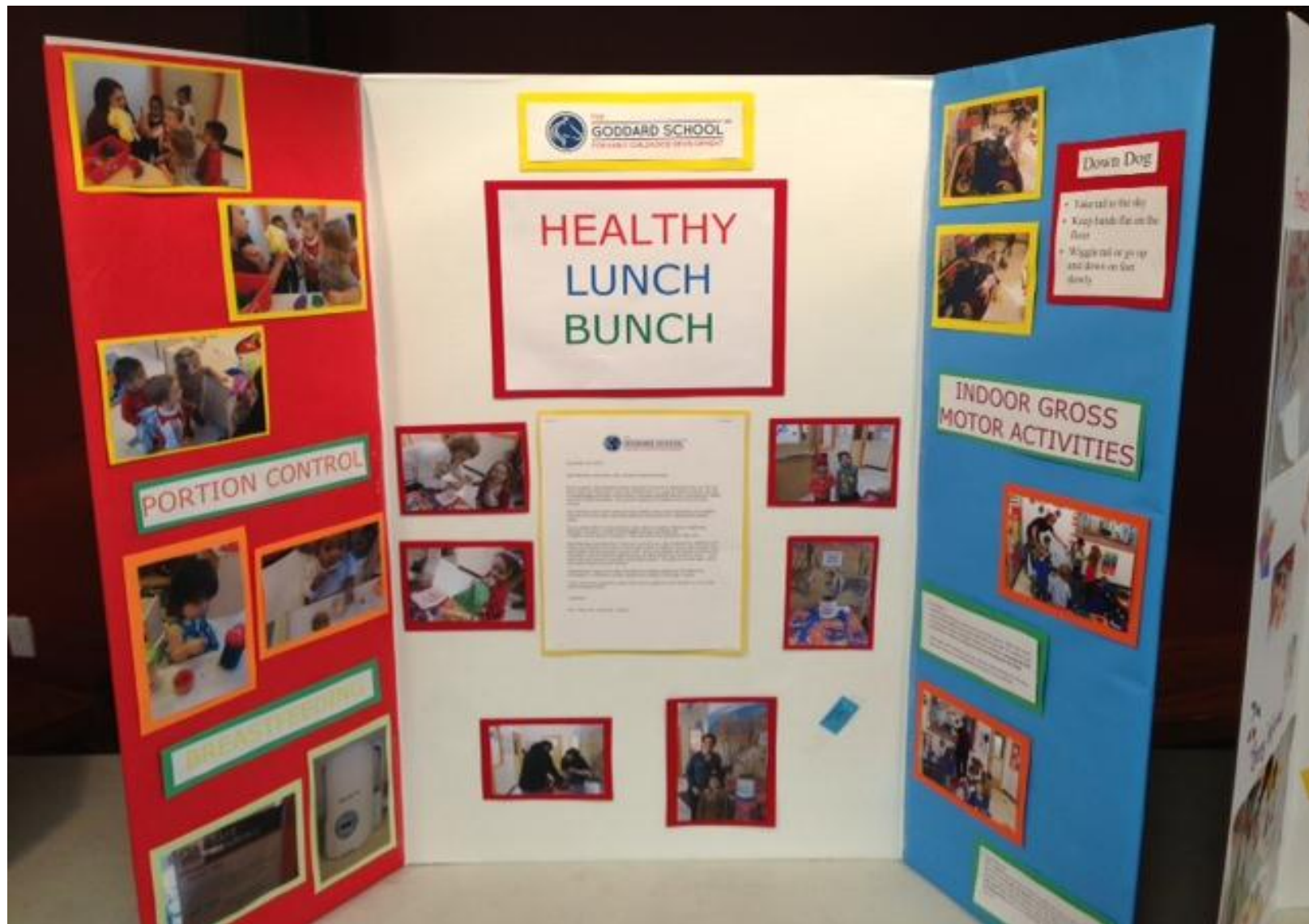
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Thoughts from Participants...

I was initially unsure if all of the information provided would be useful to my program. I must say that the training and resources truly exceeded my expectations. I have watched classrooms use trainings and materials to increase student and parent understanding of healthy choices. The staff now uses the resources independently and has created activities and healthy expectations in their classroom communities.



Empower In Action

Every Friday, each Teacher and Their Assistant collaborate to organize a 30 minute physical activity for all of the classrooms to do as a group as shown on our calendar. Our plan is get the children to be more active while enjoying a fun and engaging activity.



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Successes	Challenges
<ul style="list-style-type: none">• Staff modeling healthy choices• Staff making time to eat with children• Introducing new foods at afternoon snack• Networking to incorporate new ideas and activities• Keeping children active and motivated to play structured games	<ul style="list-style-type: none">• Limited equipment to use for physical activity• Time to sit and eat after assisting children with needs at meal time• Getting parent on board to provide healthy choices in lunches• Keeping children active and motivated to play structured games



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We have made several changes at our school so far this year due to our participation in the Empower Plus program. We have added new equipment and gross motor activities in each classroom and are now being sure to provide a minimum of 120 minutes of “heart pumping” activities per day. The teachers are having fun coming up with new and relevant things to do with the kids and the kids love all the new games and equipment. Being able to network with other schools in our area and to share ideas has been an added bonus to the program.



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My whole center has learned a lot from this collaborative. We have 100% cut out juice and started to make healthy snacks. We enjoy the classes and leave with tons of information.

We have been very excited to step back, take a look at ourselves and yes, change and improve some of the things that we were doing. Things served for snacks are changing. We have the opportunity to explain to parents when they question what is and what is not on the snack lists. Teachers are including tips to parents in their newsletters. It's good.




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Another change we have made is to add more fresh fruits and veggies to our menu. We are having a ball introducing new foods and watching the kids either tuck in or make the “yuck” face. My toddler class in particular has decided that hummus is the new chocolate. They couldn’t get enough. It has also been fun to listen to the kids tell each other to “just take a taste...its delicious!” One of our preschool friends actually took the snap pea and held it to another friend’s mouth and said “You gotta try this, it’s awesome!”




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Over all, I am thrilled with what we have been learning in our training sessions and my teachers can't wait for me to come back with more resources and ideas. I am so grateful to have been chosen to be a part of this program.



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ECE System Coordination

Empower PLUS+ is compatible with...

- ✓ *Empower Standards*
- ✓ *Quality First (FTF QIRS system)*
- ✓ *Head Start/Early Head Start performance standards*
- ✓ *ECE accreditation systems*
- ✓ *AZ Early Learning Standards (3-5 year olds)*
- ✓ *AZ Infant/Toddler Guidelines (0-3 year olds)*
- ✓ *Teaching Strategies Gold and other assessment/ongoing progress monitoring systems*
- ✓ *ECE curriculum approaches*



Beyond Cohort 2...

- Continuation with Cohort 1 and 2
- Cohort 3, 4, 5 undetermined
- Leveraging other funds/support
 - Other grant and PD initiatives
 - Electronic support from ADHS/BNPA
 - Arizona Nutrition Network (AzNN)
 - SNAP-Ed providers



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Empower Program Videos & Resources



www.theempowerpack.org



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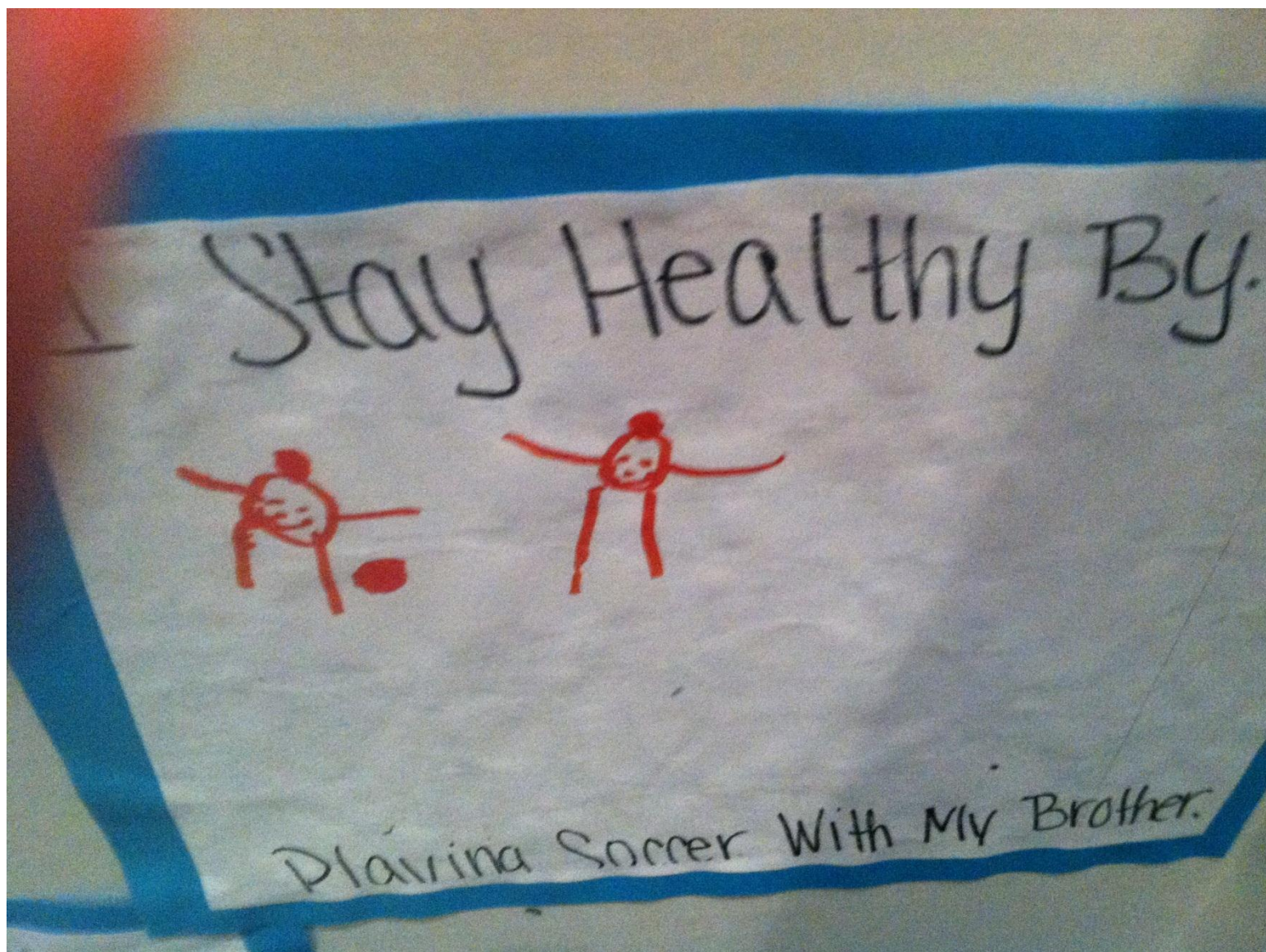


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- 
- 
- **ECELC Project**
 - Early Care and Education (ECE)
Learning Collaborative (ECELC)
 - **Let's Move Child Care**
 - Obesity Prevention Program



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Video

If I Had Five More Years



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Questions?

What questions do you still have?

Contact Bonnie at bonnie.williams@azdhs.gov



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